

Fast Facts About...

Finding Mental Health Services: Where to Go for Help

If you or someone you know could benefit from seeing a mental health professional, these resources can help you find the right care—

- Your family physician or health care provider.
- Mental health division of your local health department.
- Community mental health center.
- Child and family social services agency.
- Employee Assistance Program provided by your employer.
- Professional counselor who works in a mental health center, outpatient clinic, private or group practice, general or psychiatric hospital, or nursing home.
- Pastoral counselor/member of the clergy.
- Self-help or mutual support group.
- Mental health or crisis hotline, drug hotline, or suicide prevention center.
- Hospital emergency room.

For more information, contact:

SAMHSA's National Mental Health Information Center
(800) 789-2647
www.mentalhealth.samhsa.gov



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

Resources For...

Finding Mental Health Services: Where to Go for Help

American Association of Suicidology (AAS)

5221 Wisconsin Avenue, NW

Washington, DC 20015

Local: (202) 237-2280

Toll-free: (800) 273-8255

www.suicidology.org

American Foundation for Suicide Prevention (AFSP)

120 Wall Street, 22nd Floor

New York, NY 10005

Local: (212) 363-3500

Toll-free: (888) 333-2377

www.afsp.org

American Academy of Child and Adolescent Psychiatry (AACAP)

3615 Wisconsin Avenue, NW

Washington, DC 20016-3007

Local: (202) 966-7300

Toll-free: (800) 333-7636

www.aacap.org

American Psychiatric Association (APA)

1000 Wilson Boulevard, Suite 1825

Arlington, VA 22209-3901

Local: (703) 907-7300

Toll-free: (888) 357-7924

www.psych.org

National Alliance for the Mentally Ill (NAMI)

Colonial Place Three

2107 Wilson Blvd., Suite 300

Arlington, VA 22201-3042

Local: (703) 524-7600

Toll-free: (800) 950-NAMI (6264)

TDD: (703) 516-7227

www.nami.org

National Center for Injury Prevention and Control (NCIPC)

Mailstop K60

4770 Buford Highway

Atlanta, GA 30341-3724

(770) 488-4362

www.cdc.gov/ncipc/factsheets/suifacts.htm

National Mental Health Association (NMHA)

2001 N. Beauregard Street, 12th Floor

Alexandria, VA 22311

Local: (703) 684-7722

Toll-free: (800) 969-NMHA (6642)

TTY: (800) 433-5959

www.nmha.org

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These are just a few of the many resources available.

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